

# Child & Adult Care Food Programs

**Cook's Training 2010**



# Child & Adult Care Food Programs (CACFP)

## Primary focus

- Provide nutritious meals to child care children

## Secondary Focus


- Support child care providers to enable providing nutritious meals to child care children

# **Why is it important to train cooks in child care?**

To provide cooks with the knowledge, skills, resources, and tools to provide nutritious meals in child care.

Many cooks in child care have had no previous training. Food can only be as good as the cook preparing it.

# History of Montana's CACFP Cook's Trainings for Child Care



Deby McNally, CACFP Program Specialist, developed the cook's training plans, schedule, & content

- Cook's trainings were paid for by a grant from USDA FNS TEAM Nutrition

Katie Appel-Goble, residing in Missoula, was hired as the Instructor for the trainings

- Katie's responsibilities include:
  - conducting all of the trainings
  - food purchasing
  - food laboratory set-up
  - food demonstrations
  - instructing participants

The cook's trainings were offered in 2009 at 5 locations:

- Great Falls, Helena, Billings, Missoula, & Kalispell

The cook's trainings were offered in 2010 in 7 locations:

- Glendive, Poplar, Great Falls, Helena, Kalispell, Missoula, & Billings

## **Workshop Description:**

- This training was designed to inspire participants to cook! It's a hands-on cooking class with opportunities for networking and resource sharing.

## **Learning Objectives:**

- Participants will be able to incorporate meals and snacks consistent with the 2005 Dietary Guidelines for Americans into their child care menus.
- Participants will learn food preparation techniques.
- Participants will learn basic cooking and baking skills.



**Photos from the 2010 cook's training**



A chance to NETWORK with other cooks





A reason to gain more KNOWLEDGE and  
improve cooking skills and technique



## **Katie Appel-Goble, Instructor, in action!**

**Katie was recommended to CACFP because she's an experienced teacher with a strong foundation of nutrition knowledge.**



A path to building CONFIDENCE







**The results... SUCCESS!**  
**CACFP discovered that training cooks is the key to providing quality and nutritious meals in child care.**

**Not only did CACFP see the value  
behind cooks training, but the  
participants provided raving remarks  
about the training.**

*The value behind cooks training is PRICELESS!*

## Here are comments CACFP received from written evaluations after participants completed the cook's training

*"I learned to cook more fruits & vegetables, whole grains, meat, and milk – every item is important."*

*"I learned how to re-use items, like veggies in soup."*

*"I learned how easy it is to cook! I love all the soup ideas, very easy to use while busy and I have many mouths to feed."*

*When asked how the workshop could be improved... "Have more of them, they are awesome!"*

*"I thought it was organized very well"*

*"The instructor was highly entertaining and knowledgeable!"*

*"I learned how to make diverse meals which include somewhat unusual food items – like grape crisp for breakfast and using squash in soup, etc."*

*"I learned a lot of new ideas to incorporate into our menu. I feel it could be a good change."*

*"Very fun and informative!"*

*"I learned how to implement foods that I don't ever eat! Also, I learned new sanitizing skills and info that I need to use."*

*"I learned you can make a lot of things yourself rather than buy premade."*

*"I learned how to incorporate new foods into my menus!"*

*"I learned new recipes, tasted new foods, and met great people."*

*"Thanks for another wonderful CACFP training. Can't wait until next year! Thank you for helping us do our job better!"*

*"I learned great recipes and ideas for serving food to children. It was great to interact with others who serve food to children."*

*"Love the workshop and can't wait till next year!"*

*"I learned how to try new things with cooking. Not being afraid to try different techniques."*

*"It was a relaxing, fun, and informative training!"*

*"Your enthusiasm and love for food is awesome! Your energy makes it a very enjoyable training to come to! The time flies with fun!"*

*"I learned new ingredient ideas – motivation and mixing techniques – and tag and bag items."*

*"Katie is very knowledgeable about cooking in child care type settings. Her recipes were diverse, yet easy enough to think I can try them at work. This is certainly one of the most useful, practical trainings I go to!"*

*"I learned that good recipes don't have to be hard."*

*"I thought it was very wonderful and informational and loved that there was a hands-on portion."*


*"You can tell that Katie loves cooking and teaching and she's very enjoyable to watch and learn from."*

*"I learned to use new types of foods like hummus, eggplant, and plantains."*

*"This made me want to cook more foods at work and at home!"*

*"I have nothing to suggest for next year. I think you covered everything."*

# **Moving forward...**



**Montana CACFP plans to  
continue offering cook's  
training annually statewide, in  
more locations and serving  
more cook staff in child care**

For more information about CACFP,  
please visit our website at:

[www.bestbeginnings.mt.gov](http://www.bestbeginnings.mt.gov)



Live as if you were to die tomorrow.  
Learn as if you were to live forever.  
- Gandhi

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~ THANK YOU ~

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